

# Diagnosis Report

## Healer Details

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## Patient Details

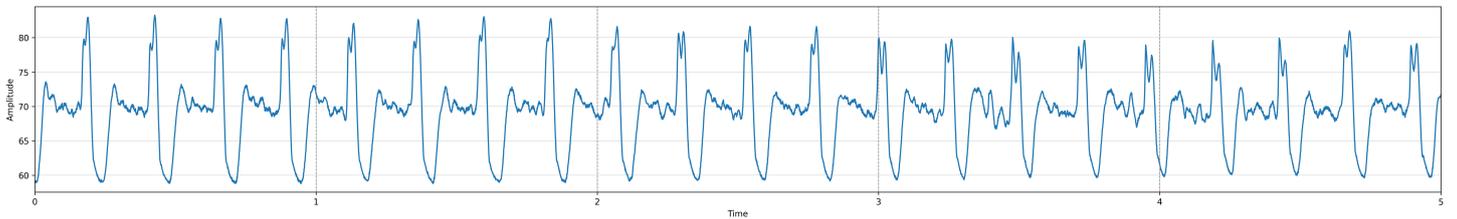
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**Date & Time:** 2026-02-19 16:05:59

## Pulse

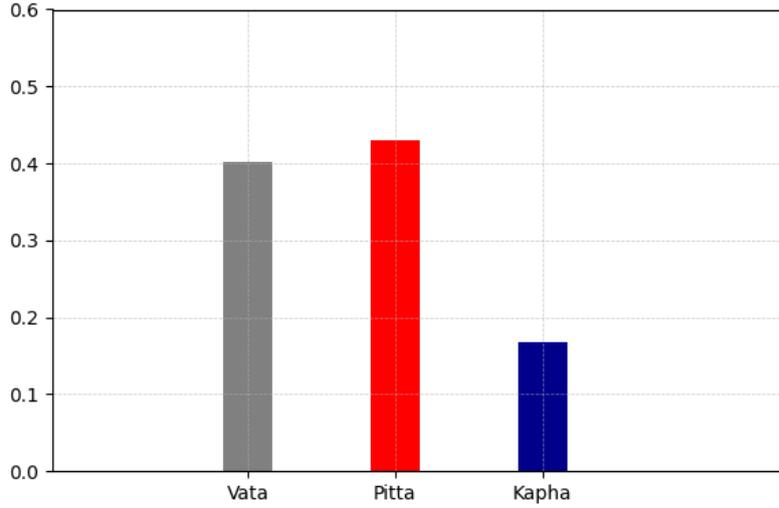


The pulse pattern—Choppy, Slippery, and Full Rapid— reflects a dynamic tension between excessive internal Heat, Dampness accumulation, and the depletion of vital fluids. The Choppy pulse, rough and irregular, indicates Blood deficiency and the exhaustion of Body fluids, a consequence of prolonged internal heat drying up moisture and Yin resources.

Meanwhile, the Slippery pulse, smooth and rolling like pearls under the fingers, suggests Phlegm and Dampness accumulation, likely due to the Spleen's weakened ability to transform fluids effectively. The Full Rapid pulse, forceful and accelerated, is a clear indication of internal Heat, which can arise from excess Yang activity, pathogenic Fire, or Yin deficiency failing to control rising heat within the system.

This combination often points to a simultaneous state of excess and deficiency—where excessive heat drives metabolic activity too forcefully, while Qi and Blood become progressively depleted.

## Tridosha Analysis



पित्तवृद्धौ पीतावभासता संतापः शीतकामित्वमल्पनिद्रता। मूर्च्छा बलहानिरिन्द्रियदौर्बल्यं पीतविण्मूत्रनेत्रत्वं च ।  
Suśruta Saṃhitā, Sūtrasthāna 15/14

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This combination creates a state of excess heat, inflammation, and irritability (Pitta High), combined with lack of grounding, stability, and lubrication (Kapha Low). The result is intense internal dryness, hyperactivity, and depleted reserves.

Physical symptoms include high body temperature, yellowish skin/eyes, burning sensations, acid reflux, excessive sweating, thirst, insomnia, and inflammation (Pitta). From Kapha depletion, symptoms like joint looseness, internal dryness, poor structural strength, fatigue, and irregular heartbeat may occur.

There's a high chance of digestive issues with acidity and lack of mucosal protection, leading to ulcers or bleeding disorders.

Mental symptoms include anger, irritability, impulsiveness (Pitta), along with instability, lack of emotional endurance, and a sense of inner emptiness (Kapha low).

Do's:

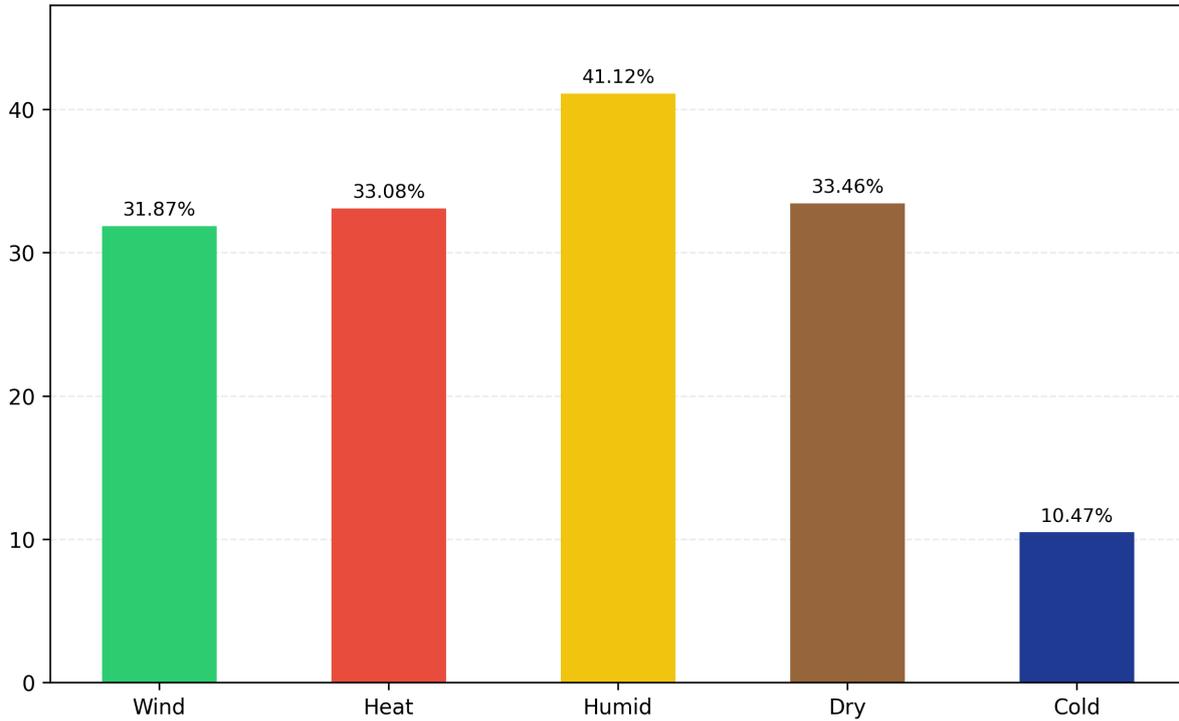
- Focus on cooling, hydrating, and mildly nourishing foods, with sweet, bitter, and astringent tastes.
- Include calming practices like meditation, pranayama, and moonlight walks.
- Use soothing herbs like brahmi, licorice, and rose.
- Follow relaxed routines, avoid overstimulation, and give the mind and body time to recharge.



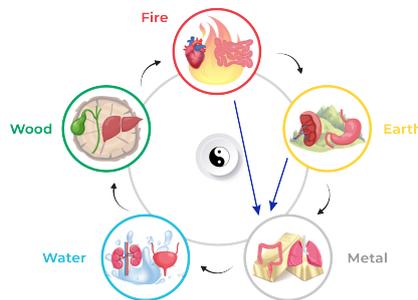
Don'ts:

- Avoid spicy, hot, oily, fermented, and salty foods.
- Stay away from alcohol, smoking, sun exposure, and intense competition or deadlines.
- Avoid fasting, irregular routines, and overexertion—they worsen both Pitta and low Kapha.

**Five elements variation in the body**



**Organ Pattern Analysis of the Body**



Lung/LI heat due to Spleen/stomach heat.

Lungs are responsible for dispersing Qi throughout the body, while the stomach is responsible for transforming and absorbing nutrients which is then carried by Qi. If the stomach is not functioning properly, it can impede the smooth flow of Qi affecting lung function.

Stomach heat increases large intestine heat excess heat dries up the large intestine causing discomfort and irregular bowel movement causing inflammation, constipation, and bleeding in motion.

Stomach has downward energy. When stomach Yang raises, it causes dryness in the lungs leading to wheezing, dry cough, eczema.

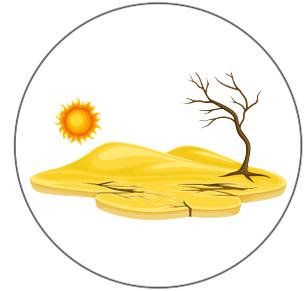
Lung heat removes the moisture from the spleen causing spleen heat impacting spleen's ability to properly transport nutrients and fluids.



Lung heat can disrupt the flow of Qi impacting the liver's ability to function, leading to nausea and vomiting, bitter taste in the mouth, and headaches.

## Nature Correlation

Just as excessive heat in the atmosphere dries up rivers and depletes moisture from the soil, excessive stomach heat evaporates fluids from the lungs, causing dryness and inflammation. This imbalance leads to disruptions in the body's ability to distribute nutrients and energy efficiently.

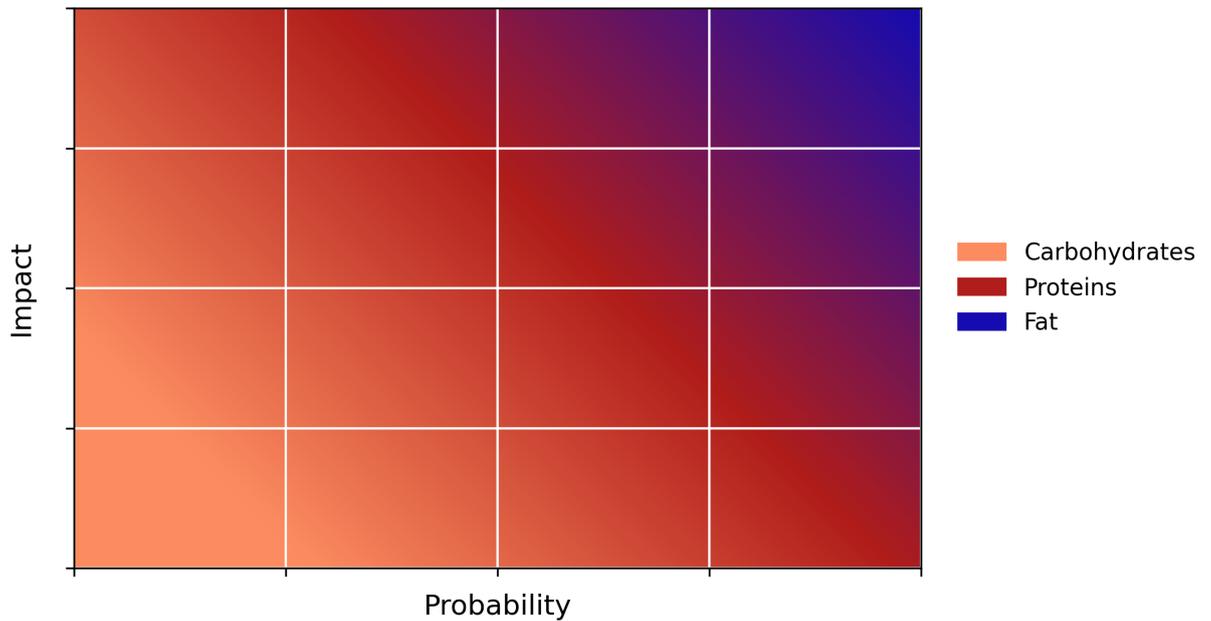


## Thought Pattern

An individual with this condition may feel restless, irritable, and prone to impulsive decision-making. There may be a tendency toward overexertion, speaking excessively, and difficulty in finding emotional balance, leading to frustration, impatience, and a sense of being easily overwhelmed.



## Food Metabolism



Fat and carbohydrate metabolism are well-balanced, providing steady energy and supporting digestive health. Protein metabolism is highly active, ensuring strong muscles and efficient tissue repair. However, excessive protein metabolism can put a strain on Kidney Yang, leading to cold extremities, joint discomfort, and slower recovery. Over time, this imbalance can result in fatigue, weakened bone health, and reduced overall vitality, as the body struggles to restore energy and repair tissues efficiently.

## Nadiswara AI Predictions

Nausea and vomiting, bitter taste in mouth, headache. Running thoughts, palpitations, and anger. Frequent urination, burning urination, dry mouth, dizziness, and gynecological-related issues.

Wheezing, dry cough, eczema.

Inflammation, constipation, and sometimes bleeding in the motion.

Kidney stones, blood in urine, yellow urine.

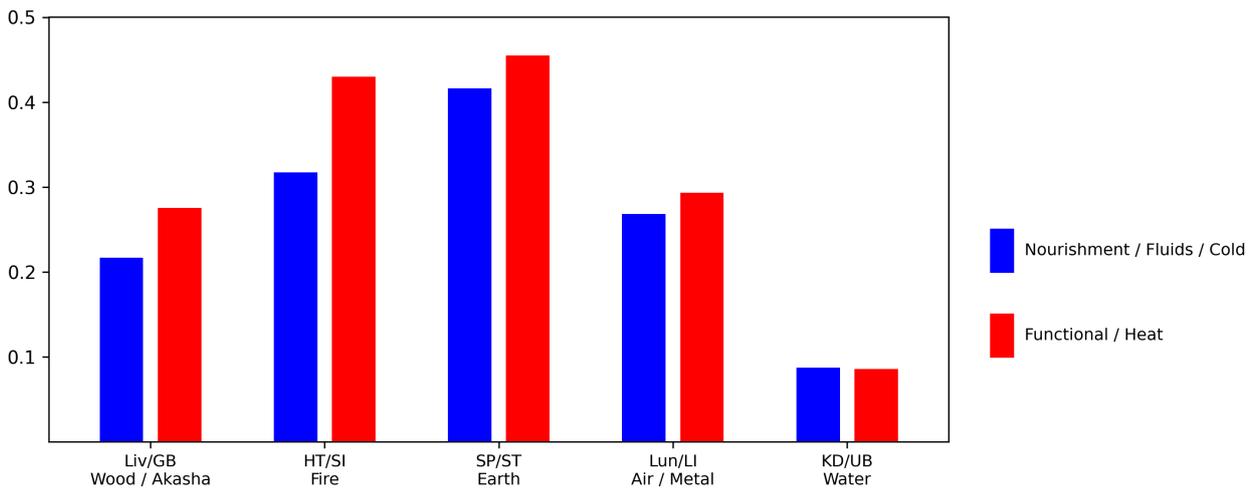
Stomach influences mental state. Stomach fire causes mental confusion, severe anxiety, hypomania, and hyperactivity.

When stomach heat moves upward, it leads to hair fall, neck pain, gastric headache, throat burning, nausea, dry cough, dry nose/bleeding, mouth ulcers, and pimples on the face. Gum swelling and inflammation are also due to excess stomach heat.

Lung heat causes depletion of kidney Yin by drying up the kidney fluids, leading to Yin and Yang imbalance in the body. This leads to frequent urination, burning urination, dry mouth, dizziness, and gynecological-related issues.



## Yin Yang Of The Five Elements



## Quick Solutions

### Dietary Solutions

Avoid excessively hot and spicy foods, as they can further deplete Yin and cause internal heat imbalances. Instead, focus on cooling and nourishing foods such as berries, purple grapes, and other hydrating fruits that help restore balance and prevent excessive dryness.

If digestion is strong, fresh fruits can be beneficial, but those with weak digestion should avoid raw foods and opt for cooked meals instead. Ensuring sufficient protein intake from easily digestible sources, such as legumes and lean meats, supports overall vitality and energy levels.



### Emotional & Lifestyle Corrections

Pranayama is a powerful yogic breathing technique that strengthens lung capacity, increases oxygenation, and improves respiratory efficiency. Practices such as Anulom Vilom (alternate nostril breathing) and Bhastrika (bellows breath) help clear mucus, enhance lung elasticity, and boost overall vitality. Deep diaphragmatic breathing also aids in detoxification by removing stagnant air from the lungs and replacing it with fresh oxygen.

Regular pranayama practice is beneficial for individuals suffering from asthma, allergies, or respiratory congestion. It also calms the nervous system, reduces stress-related shallow breathing, and enhances oxygen absorption. Combining pranayama with chest-opening asanas like Bhujangasana (Cobra Pose) or Matsyasana (Fish Pose) further improves lung function and promotes a sense of lightness and energy.



**Note:** It is only interpretation of five elements and education only not a medical advice. Please consult physician for your medical treatment.